

Growing Healthy Families



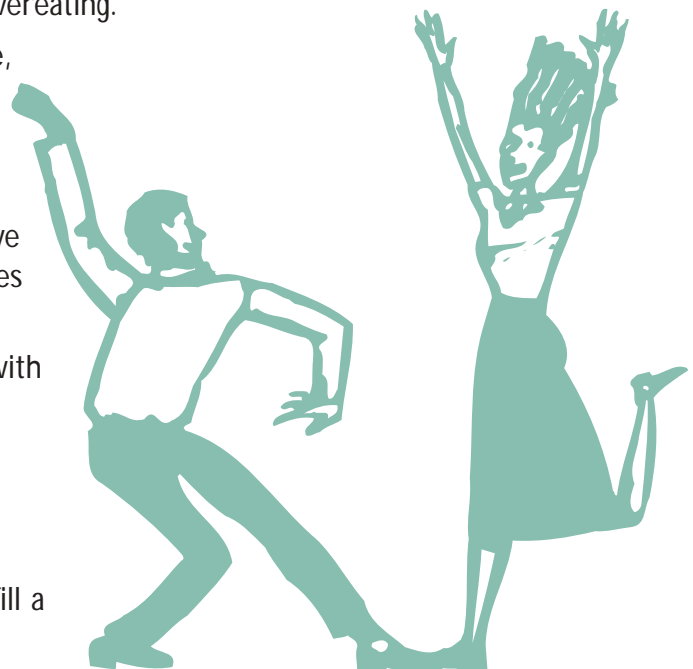
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Healthy party ideas

The holidays are meant for parties with family and friends. These parties often have plenty of food. Do your part to make holiday parties healthy as well as fun.

Try some of these ideas:

- Serve low fat crackers, low fat chips or pretzels.
- Offer a variety of whole grain breads and crackers.
- Serve salsa with baked tortilla chips. Salsa has lots of vegetables and no fat.
- Serve low fat cheese varieties — try low fat cheddar, part-skim mozzarella or feta cheese.
- Limit the number of dips you serve to one or two. Your guests won't feel they need to try several different kinds which can lead to overeating.
- Prepare favorite dips and spreads with low fat cream cheese, sour cream, plain yogurt, or mayonnaise, or mix half low fat with half regular.
- Try hummus or low fat bean dip.
- Every party should have a fresh fruit and vegetable tray. Serve a variety of fresh fruits and vegetables. Try some unusual ones that your guests will want to try.
- Serve flavored turkey breast or lean ham instead of salami with bread or crackers. Salami can be very high in fat.
- Make meatballs with lean hamburger or ground turkey.
- Bake only a couple different types of desserts or cookies. Choose your family favorites.
- Use smaller plates. Your guests won't feel like they need to fill a large plate with food.
- Offer some low calorie drinks such as flavored waters, or seltzer mixed with a small amount of 100% juice.
- Plan plenty of fun activities — board games, card games and other family games. Or better yet, get up and dance to music, or even go outside and play!



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Click on WIC for helpful
information for your family about
WIC, nutrition and physical activity.

Peanut butter lovers

Most small children love peanut butter. It tastes good and it's good for you. Peanut butter is a good source of protein and iron. Small children are growing fast. They need plenty of protein and iron to grow healthy and strong.

Peanut butter can be used instead of meat at meals. Preschool children, ages 4 through 6 years old, need to eat a total of 4 to 6 ounces of meat or meat substitutes each day. Younger children will eat less.

Your child doesn't need to eat only meat for protein and iron. Peanut butter, dry beans, and eggs are also great sources of protein and iron. Your child needs to eat only 2 tablespoons of peanut butter to get the same amount of protein in 1 ounce of meat.

Peanut butter can be used to make quick meals and snacks. Try a variety of peanut butter sandwiches. Bake with peanut butter. Use peanut butter for a dip — dip raw vegetables, such as carrots, celery, or apple slices. Enjoy peanut butter during December — the "Peanut Butter Lovers' Month."

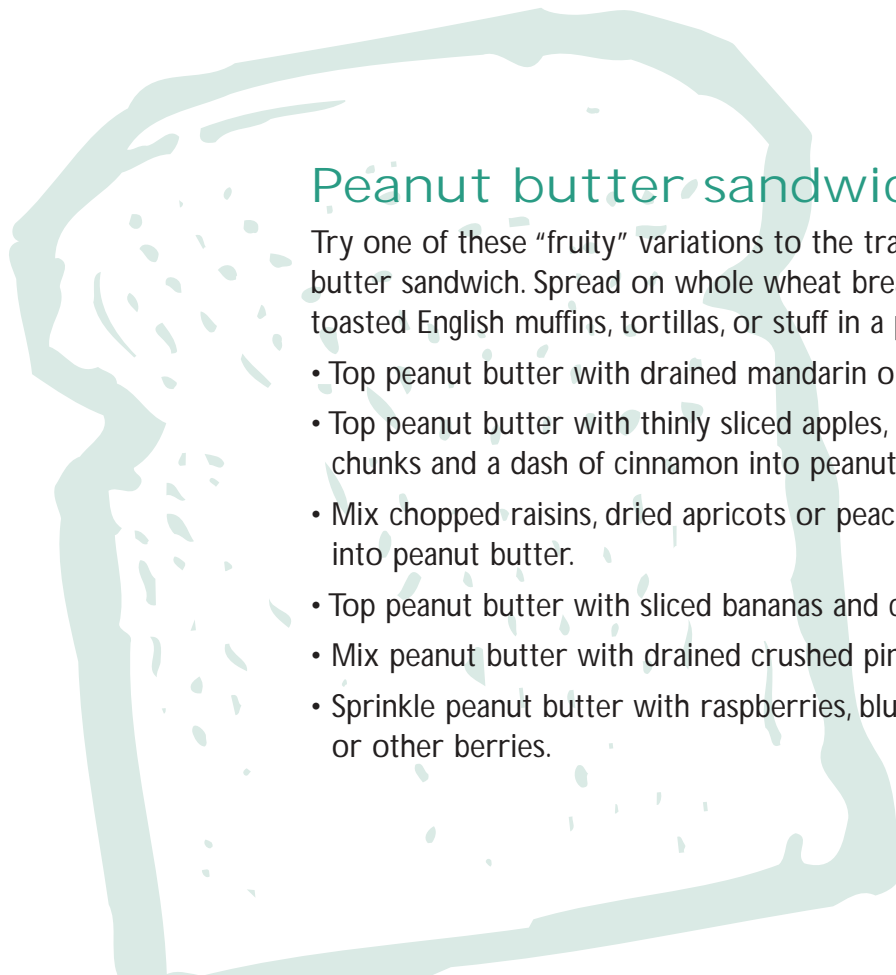


Did you know that a natural peanut butter option is now available in your WIC food package? It's smooth peanut butter with just peanuts and salt — no hydrogenated oils or added sugars. The oil separation is natural — just stir before using it and store it in the refrigerator after opening.

Peanut butter sandwiches

Try one of these "fruity" variations to the traditional peanut butter sandwich. Spread on whole wheat bread, bagel halves, toasted English muffins, tortillas, or stuff in a pita.

- Top peanut butter with drained mandarin oranges.
- Top peanut butter with thinly sliced apples, or mix apple chunks and a dash of cinnamon into peanut butter.
- Mix chopped raisins, dried apricots or peaches into peanut butter.
- Top peanut butter with sliced bananas and cut grapes.
- Mix peanut butter with drained crushed pineapple.
- Sprinkle peanut butter with raspberries, blueberries or other berries.



Take back your food

In our hustle and bustle world, we have come to rely on convenience foods to help feed our families. Unfortunately, what we have gained in time savings, we have lost in nutrition. Often when foods are processed, important nutrients are removed and preservatives and artificial ingredients are added.

Making healthier food choices is not always easy. Our food habits can be hard to break. Begin with small changes and over time these will add up. Here are some ideas to get you started:

- **Choose whole grains instead of refined grains:** try brown rice in place of white, choose oatmeal instead of toaster pastries, whole wheat bread instead of white bread.

Did you know the food manufacturers remove naturally-occurring vitamins and minerals during the refining of wheat flour to white flour, then they have to add vitamins and minerals back during processing?

- **Choose fresh or frozen meats instead of processed:** homemade chicken nuggets instead of packaged chicken nuggets (try the recipe in this issue), fish rather than packaged fish sticks, pork chops rather than hot dogs.

- **Make homemade versions of what your family likes:** make and freeze waffles or pancakes rather than using the pre-packaged variety. You'll still have a quick breakfast and skip all the artificial ingredients and preservatives.

Even small changes can make a big impact on your family's health. Try one change today — you and your family will be healthier!



Easy Chicken Nuggets

Serves 4

Children love to help dip and roll these nuggets!

2 boneless skinless chicken breasts

1/2 cup low fat Italian salad dressing*

2 cups finely crushed corn flakes

vegetable cooking spray

Cut chicken breasts into cubes. Dip chicken cubes in salad dressing and roll in crushed corn flakes. Spray a baking sheet with vegetable cooking spray. Place chicken nuggets on sheet. Bake in 375° oven for 15 to 20 minutes, turning nuggets after the first 10 minutes.

Serve these easy nuggets with a glass of milk and fruit or vegetable for a quick lunch or dinner.

*Chicken cubes can be dipped in an egg wash (2 eggs beaten) instead of Italian salad dressing.

Nutrition analysis per serving: Calories 150, Protein 15 grams, Carbohydrates 14 grams, Fat 4 grams, Sodium 370 milligrams

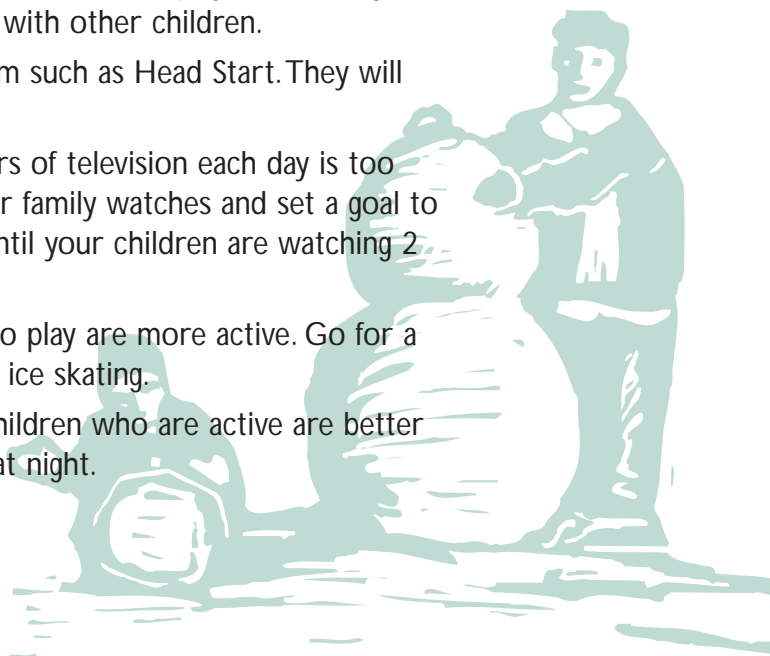
clip & save recipe!



Active families

Our lives are so busy — so busy that we don't have time to be active. We drive our cars instead of walking because we are in a hurry. It often seems like there is no time to play. Both children and their families need to play.

- Invite other children into your home or let children play outside together. Children are more active when playing with other children.
- Enroll your child in a preschool program such as Head Start. They will enjoy playing with other children.
- Watch less television. More than 2 hours of television each day is too much. Keep a record of how much your family watches and set a goal to reduce it by 1 to 2 hours each week until your children are watching 2 hours or less each day.
- Play outside. Children that go outside to play are more active. Go for a walk. Find a hill for sledding or rink for ice skating.
- Enjoy the benefits of active children. Children who are active are better behaved, learn easier and sleep better at night.



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